

# DINNERLY



## Reduced-Carb Dukkah Chicken Salad with Roasted Beetroot and Feta



30 minutes



2 Servings

Give chicken some Middle Eastern oomph by coating it in nutty dukkah, an Egyptian spice blend. Then serve with pear, feta and sweet roasted beetroot for a tasty salad with lots of crunch.



## WHAT WE SEND

- 200g beetroot
- 10g dukkah spice blend <sup>1,11,15</sup>
- free-range chicken tenderloins
- 1 pear
- 100g mixed salad leaves
- 50g feta <sup>7</sup>

## WHAT YOU NEED

- 1½ tbs olive oil
- 2 garlic cloves
- 3 tsp balsamic vinegar <sup>17</sup>
- ½ tsp dijon mustard <sup>17</sup>
- ½ tsp honey

## TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 490kcal, Fat 21.8g, Carbs 22.4g, Proteins 42.0g



### 1. Roast beetroot

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **beetroot**, then cut into 2cm-thick wedges (see Make it faster). Put on the lined tray and drizzle with **1 tsp olive oil**. Season with **salt and pepper** and turn to coat. Roast, turning halfway, for 25 mins or until tender.



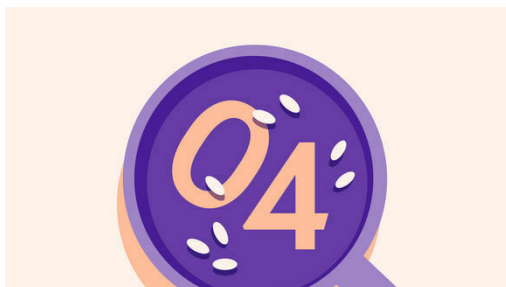
### 2. Marinate chicken

Meanwhile, crush or finely chop **2 garlic cloves**. Put the garlic, **2 tsp dukkah** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat.



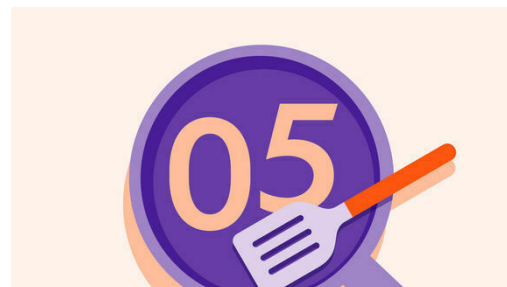
### 3. Pan-fry chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove the pan from the heat.



### 4. Make salad

Put **3 tsp olive oil**, **3 tsp balsamic vinegar**, **½ tsp dijon mustard** and **½ tsp honey** in a large bowl and whisk to combine. Quarter the **pear**, remove the core, then thinly slice. Add the pear, **salad leaves** and **roasted beetroot** to the dressing and toss to coat.



### 5. Serve up

Divide the **salad** among plates. Top with the **chicken**, crumble over the **feta** and scatter over the **remaining dukkah**. Enjoy!



### 6. Make it faster

We love this salad with chunky beetroot wedges, but if you're short on time, cut the beetroot into thinner wedges or smaller chunks to reduce the cooking time.